

Women — Know the Signs of a Heart Attack

Many women still think heart attacks are only for men. But did you know that heart disease is the #1 killer of men and women?

It's important to know that **the warning signs of a heart attack can be different for women**. Chest pain is a common warning sign of a heart attack. Women can also have other symptoms with or without chest pain, such as those we have listed below.

Below are the signs that women should watch for and take seriously.

Uncomfortable pressure, squeezing, fullness or pain in the center of the chest. It lasts more than a few minutes, or goes away and comes back.



Shortness of breath — with or without chest discomfort.



Pain or discomfort in one or both arms, the back, neck, jaw or stomach.



Breaking out in a cold sweat, feeling nauseated or getting light headed.



What To Do

- If you have any of these signs, call **9-1-1** and go to a hospital right away.
- You can lower your risk of heart disease by living a heart-healthy life.

Here are 7 ways you can live a heart-healthy life:

1. Eat Better (watch your sodium – no more than 1500 mg a day)
2. Be Active (try to get 30 minutes a day of moderate activity)
3. Stop Smoking (ask your doctor for help)
4. Lose Weight
5. Manage Your Blood Pressure
6. Control Your Cholesterol
7. Lower Your Blood Sugar

Focus on numbers 1 through 3. If you do, then the last 4 can improve as a result! Talk to your doctor about a heart healthy plan that's right for you.



Questions?

If you have any questions about heart disease, stroke or other blood vessel diseases, please call us at **1-800-578-0603 (TTY: 711)**.

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